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PREGNANT?

**When a pregnant woman drinks alcohol,
so does the unborn baby.**

*If you have questions about
alcohol during pregnancy,
or about alcohol addiction,
talk to a:*

- counsellor, nurse,
midwife or doctor

*For more information about
Fetal Alcohol Syndrome
and alcohol-related
disorders:*

- call 1 800 O-Canada
(1 800 622-6232)
TTY/TDD: 1 800 465-7735
- check out
www.healthcanada.ca/fas

¹ Refers to other clinical terms used to describe
the full continuum of abnormalities attributed
to prenatal exposure to alcohol, such as
alcohol-related birth defects (ARBD),
alcohol-related neurodevelopmental disorder
(ARND), partial Fetal Alcohol Syndrome
or atypical Fetal Alcohol Syndrome.





NO ALCOHOL.

A child with FAS often:

- is smaller at birth and for the rest of his/her life
- has problems thinking, speaking, hearing or seeing
- may look different than other children
- has trouble learning the way other kids do
- has behavioural difficulties

FAS is a challenge that lasts a lifetime and does not go away when children grow up.

The good news is that children can be protected by making the pregnancy alcohol-free. Friends and family can show support and join the expectant mother in making the alcohol-free choice.

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